

Easy spaghetti bolognese

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From Great British Budget
Menu

Everyone needs a basic spaghetti bolognese recipe that still tastes great, no matter how simple. Get that depth of flavour by cooking the sauce very gently until it's super rich. This spag bol is designed to be a low cost recipe.

Each serving provides 787 kcal, 35g protein, 103g carbohydrates (of which 19g sugars), 24g fat (of which 8g saturates), 8.5g fibre and 1.5g salt.

Ingredients

2 tbsp olive oil
400g/14oz beef mince
1 onion, diced
2 garlic cloves, chopped
100g/3½oz carrot,
grated

Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.

Prepare

Less than 30 mins

Cook

30 mins to 1 hour

Serve

Serves 4

Dietary

Dairy-free | Nut-free

2 x 400g tins chopped tomatoes

400ml/14fl oz stock (made from stock cube. Ideally beef, but any will do)

400g/14oz dried spaghetti

salt and pepper

2. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
4. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve.

Recipe tips

This bolognese sauce can be cooked in advance and frozen. Leave to cool completely then pop in a freezer-proof container, it will keep in the freezer for up to 3 months.

In September 2023 this recipe was costed at an average of £4.27 when checking prices at four UK supermarkets. This recipe is designed to be made in conjunction with a low-cost store-cupboard, for more details click [here](#) to see how our budget recipes were costed.

What makes spaghetti bolognese taste better?

This budget recipe uses basic ingredients so cooking them well makes a big difference. Take care to brown the meat thoroughly and cook the Bolognese gently for the full 45 minutes for the best results.

If you want a more luxurious bolognese try using passata and red wine for a silky sauce and add a crunchy pangrattato topping.

Why add milk to bolognese?

It might seem strange, but a splash of milk balances the acidity of the tomatoes and helps create a rich, silky sauce. You will find it in most authentic Italian recipes such as Anna Del Conte's traditional Italian ragu and Gennaro Contaldo's no-compromise slow cooker bolognese, which interestingly doesn't contain garlic – another traditional Italian approach that might surprise you.

If you love your slow cooker, we also have an easy slow cooker spaghetti Bolognese for when you want to keep things simple.

What kind of pasta is best for bolognese?

In the UK we tend to use spaghetti, but tagliatelle, fettuccine or papardelle is more authentic.